

June 2016

HEALTH PROMOTION CALENDAR

For more information call 808-471-2280



CLASS DESCRIPTIONS:

Nutrition 101:

JBPHH Gym- Classroom 2

This class is for patients who are seeking basic nutrition and exercise information.

This class is a pre requisite for the RMR test. For more info call 471-2280

Resting Metabolic Rate Test:

Find out how many calories you can burn while at rest. *Patients must attend Nutrition 101 prior to scheduling.*

Tobacco Cessation:

Contact Eleanor Bru @ 474-4242 ext. 4507

Recreation Therapy:

Includes aqua therapy, access surf, recreation therapy hikes, equine therapy and several therapeutic activities. Contact Tiffanee Rogers @ 471-2280 (Appointments from providers required)


***Be advised that Recreation

Therapy Pool Hours will run from 1200-1300 starting June 7th***

Access Surf @ Hale Koa 1000-1300
Please contact Tiffanee Rogers 471-2280 for more information

"Dietitians Kitchen"

Join Navy Health Promotion & Kaiser Permanente for a commissary walk-through and recipe demonstration. June 17th 1000-1300

MON	TUE	WED	THU	FRI	SAT
30 	31 RT: 1100-1300	1 Tobacco Cessation JBPHH Gym Classroom 2 1000-1100	2 RT: 1100-1300	3 RT: 0900-1300	4
6	7 NUTRITION 101 1000-1100 Tobacco Cessation (KBAY) 1000-1100 RT: 1200-1300	8 Tobacco Cessation JBPHH Gym Classroom 2 1000-1100	9 RT: 1200-1300	10 RT: 0900-1300	11
13 SHIPSHAPE SESSION 1 BEGINS	14 Tobacco Cessation (KBAY) 1000-1100 RT: 1200-1300	15 Tobacco Cessation JBPHH Gym Classroom 2 1000-1100 Access Surf Hale Koa 1000-1300 LGBT Health Fair Hickam O'Club 0900-1100	16 RT: 1200-1300	17 SHIPSHAPE 0530-0700 RT: 0900-1300 "DIETITIANS KITCHEN" (HICKAM) 1000-1300	18
20	21 NUTRITION 101 1300-1400 Tobacco Cessation (KBAY) 1000-1100 RT: 1200-1300	22 Tobacco Cessation JBPHH Gym Classroom 2 1000-1100	23 RT: 1200-1300	24 SHIPSHAPE 0530-0700 RT: 0900-1300 HEALTH PROMOTION TABLE DECA SIDEWALK SALE 10-1300	25
27	28 Tobacco Cessation (KBAY) 1000-1100 RT: 1200-1300	29 Tobacco Cessation JBPHH Gym Classroom 2 1000-1100	30 RT: 1200-1300		

SEXUAL HEALTH TRAINING
0800-1600